

CH
&CO



EASTER SPECIAL

From the Kitchen is brought to you by the team at CH&CO Education. It is written, filmed and developed by our development chefs, consultant nutritionist and head of food to make sure every child we cater for can have access to our expertise even when they're at home.

In this chocolatey edition

**AMANDA'S ALL ABOUT CHOCOLATE
PLANT POWER BROWNIES**

OWEN'S NO-BAKE EASTER CHOCOLATE CAKE

FROM THE *Kitchen*

APRIL 2022

First things first...

HYGIENE

Always wash your hands before you start to make any recipe.

Wash all fruit and vegetables before using them.

Use hot, soapy water to clean chopping boards after each use.

Keep raw and cooked foods separately when getting your ingredients organised.

Keep the kitchen clean in the area you are using to prepare and cook your food. You'll need a clean cloth to clear and clean as you go along.

Wash your hands again after cracking eggs and using raw meat or fish.



SAFETY

Always ask an adult to help you in the kitchen.

This is especially important when using sharp knives and the oven and saucepans on the top of the oven, which is called the hob. This may be electric or gas; either way, it is vital that you ask an adult to help you when you start cooking.

Always use oven gloves when helping to put things in and taking them out of the oven.

If helping to move or handle hot items on the hob, protect your hands by using oven gloves or a tea towel.

Take extra care when handling sharp knives or a grater; for example when cutting vegetables and fruits. Ask an adult for help.

Ask an adult to show you how to safely use power tools like blenders, food processors, mixers and microwaves and make sure they are there to help when using them with you.

If you chop chilli peppers or use chilli flakes, always wash your hands straight after. If you touch your eyes or mouth and haven't washed your hands, it will be very painful.

LET'S GET COOKING



Welcome to our **Easter Special** edition. In this edition, we have a focus on chocolate. From its history to making it into a cake, we hope you will enjoy baking and creating with us. We've also included an Easter-themed word search and Easter egg decorating sheet as an extra special treat.

Wishing you all a very happy Easter.

Kitchen Team

Your Kitchen Team



Chocolate

Our Nutritionist Amanda Ursell looks at our favourite Easter treat, chocolate.

Say the word 'chocolate' and most of us think 'delicious', which is hardly surprising when you consider how totally unique a food it is. For starters, milk chocolate is the only food that melts at body temperature... and therefore starts to do so, in our mouths, giving that familiar, creamy, soft consistency as soon as we start eating it.

The chocolate we look forward to tucking into in our Easter Eggs however is miles away from the chocolatey experiences of Mayan Indian people living in South America, who were first to cultivate cocoa plants thousands of years ago. Mixing hot water with crushed cocoa pods, and flavours like cinnamon, they called it the 'Food of the Gods'.

Fast forward to Spanish explorer Christopher Columbus who brought cocoa beans to Europe in 1502 where it became commonly known as 'chocolate' from the Aztec word 'xocolatl' meaning 'bitter water'.

Grown in evergreen rain forests, the world now produces over four and a half million tons of cocoa beans a year, most of which, come from Africa. After cleaning, roasting and shelling, the remaining 'hibs' are ground into an intense cocoa liquor, which is used in cocoa powder. In turn, manufacturers add ingredients like sugar for dark chocolate and sugar and milk to make the chocolate that is moulded into your Easter Eggs.

Cocoa beans are naturally packed with fascinating super nutrients. Scientists think, when eaten in dark chocolate, these may have some health benefits... if we stick with small amounts.

And that's the important part; like other favourite treat foods, it's fine to eat 'a bit' of chocolate, now and then, especially in an Easter treat. The key is to think about balance and see it as just that, a delicious treat that you enjoy from time to time.

“MAYAN INDIAN PEOPLE LIVING IN SOUTH AMERICA WERE FIRST TO CULTIVATE COCOA PLANTS THOUSANDS OF YEARS AGO. MIXING HOT WATER WITH CRUSHED COCOA PODS, AND FLAVOURS LIKE CINNAMON, THEY CALLED IT THE 'FOOD OF THE GODS'.”



Full of beans!

SUPER MOIST AND CHOCOLATEY

KIDNEY BEAN BROWNIES *Recipe*

INGREDIENTS

400g can kidney beans
60g cocoa powder
1 tsp baking powder
70g stevia or erythritol
1 pinch salt
50ml water (or espresso)
30g chocolate chips

METHOD

1. Preheat the oven to 180° C.
2. Drain the kidney beans in a sieve and rinse well with fresh water.
3. Add all ingredients to a food processor or blender and blend to a smooth batter. Occasionally scrape the mix down the sides of the bowl with a spatula. Blend until totally smooth.
4. Grease a 20x20cm baking dish or line it with parchment paper. Pour the batter into the baking dish and smooth the top with a spatula. Sprinkle with the chocolate chips.
5. Bake for 30 minutes. The brownies will still be soft when hot, but will firm up as they cool.
6. Don't cut the brownies until they have fully cooled! Once cool, cut into pieces. They can be stored in the fridge and taste even better the next day.

CAN YOU COMPLETE OUR
EASTER WORD SEARCH?

BASKET
CHICK
CHOCOLATE
HUNT
CARROT
LAMB
EGGS
BEANS
TULIPS
APRIL
GRASS

Easter FUN

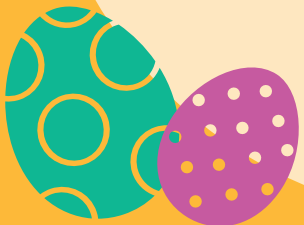


OUR EASTER BUNNY IS MADE
FROM DELICIOUS VEG

CAN YOU CREATE YOUR
OWN EASTER BUNNY IN THE
SPACE BELOW FROM YOUR
FAVOURITE FOODS?

We've filled in his whiskers to
start you off...

D	A	X	Q	P	C	X	E	C	L
T	P	T	V	J	H	C	F	A	S
V	R	T	U	L	I	P	S	R	T
L	I	M	A	A	C	Z	U	R	V
Q	L	A	M	B	K	S	B	O	B
Y	C	H	O	C	O	L	A	T	E
L	Y	G	R	A	S	S	S	L	G
C	W	B	E	A	N	S	K	R	G
D	M	N	D	H	R	H	E	S	S
R	L	Q	Q	H	U	N	T	M	N





OWEN'S EASTER TREATS

NO-BAKE EASTER CHOCOLATE CAKE

Makes one 20cm cake

Recipe

WE NEED TO TRY AND CONSERVE AS MUCH ENERGY AS POSSIBLE SO RATHER THAN TURNING ON THE OVEN, THIS NO-BAKE CHOCOLATE CAKE SETS IN THE FRIDGE.

Happy Baking



INGREDIENTS

75g of milk chocolate, broken into pieces

75g of plain chocolate, broken into pieces

100g unsalted butter

50g golden syrup

300g sultanas, roughly chopped

75g sunflower seeds

200g digestive biscuits, roughly crushed

Mini chocolate Easter eggs, to decorate

METHOD

1. Line a 20x20cm tin with two layers of cling film, leaving excess hanging over the sides.
2. Put the chocolate and butter into a large microwave-safe bowl and heat for 30sec bursts until melted and smooth. Stir in the syrup, sultanas and seeds.
3. Next, carefully fold in the biscuits. Spoon mixture into the tin and top with the mini easter eggs.
4. Chill in the fridge until set (about 5hrs).
5. Remove from the fridge 20min before cutting into slices.

